DOCUMENT RESUME

ED 454 677 EC 308 481

AUTHOR	Bartlett, Diana; Moody, Sylvia
TITLE	Dyslexia in the Workplace.
ISBN	ISBN-1-86156-172-5
PUB DATE	2000-00-00
NOTE	218p.; Consultant in Dyslexia, Margaret Snowling. Published by Whurr Publishers Ltd.
AVAILABLE FROM	Taylor & Francis, Group, 7625 Empire Dr., Florence, KY 41042 ($34.95). Tel: 800-634-7064 (Toll Free); Fax: 800-248-4724 (Toll Free); Web site: http://www.taylorandfrancis.com.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Adults; Case Studies; Civil Rights Legislation; *Clinical Diagnosis; Disability Discrimination; *Dyslexia; *Emotional Problems; *Employer Employee Relationship; *Employment; Evaluation Methods; Reading Strategies; Speech Skills; Symptoms (Individual Disorders); *Work Environment; Writing Strategies
IDENTIFIERS	*Dyspraxia; Great Britain

ABSTRACT

This book is designed for both adults with dyslexia and for professionals concerned with helping them, such as psychologists, tutors, therapists, researchers, disability advisors, and welfare officers. It also offers advice to employers on how to help staff with dyslexia. The text covers the nature of dyslexic difficulties and their effects, both practical and emotional. Dyspraxic difficulties are also discussed. Assessment tests are described and reviewed, and recent research is summarized. Detailed advice is given on tackling the difficulties encountered by adults with dyslexia, including work organizations and effective work methods, reading and writing for work purposes, memory skills, oral presentation and interaction, and dealing with the emotions associated with dyslexia. Finally, guidance is given on the British Disability Discrimination Act, and sources of information and help are listed. Throughout the book, there are numerous case studies designed to capture the immediate experiences of people with dyslexia at work. Appendices include a dyslexia checklist, a dyspraxia checklist, a basic relaxation exercise, and visualization exercises for relaxation. (Contains 36 references.) (CR)

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